



Red, White and Blueberry Lemonade Pops



Vegetarian



Gluten Free

READY IN



615 min.

SERVINGS



6

CALORIES



60 kcal

DESSERT

Ingredients

- ☐ 1 cup strawberries sliced
- ☐ 3 tablespoons pink lemonade kool-aid chilled
- ☐ 1 teaspoon sugar
- ☐ 6 oz vanilla yogurt french yoplait®
- ☐ 3 tablespoons pink lemonade kool-aid chilled
- ☐ 0.5 cup blueberries
- ☐ 0.5 cup pink lemonade kool-aid chilled
- ☐ 0.5 teaspoon sugar

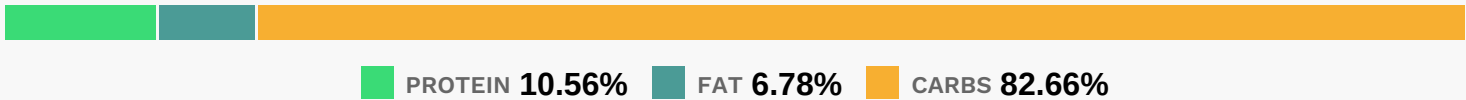
Equipment

- ☐ bowl
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In blender, place red layer ingredients. Cover; blend until smooth. Spoon 2 tablespoons mixture into each of 6 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. (Or fill ice pop molds according to manufacturer’s directions.) Freeze about 2 hours or until frozen.
- ☐ When first layer is frozen, remove foil from pops. In small bowl, mix white layer ingredients until smooth. Spoon about 2 tablespoons mixture in each cup over frozen layer. Return foil to pops to support sticks. Freeze about 2 hours or until frozen.
- ☐ Meanwhile, in blender, place blueberry layer ingredients. Cover; blend until smooth. When white layer is frozen, remove foil from pops. Spoon about 2 tablespoons blueberry layer mixture in each cup over white layer. Return foil to pops to support sticks. Freeze at least 6 hours until frozen.

Nutrition Facts



Properties

Glycemic Index:68.95, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:2.9886956603631%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg, Petunidin: 3.92mg Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg, Delphinidin: 4.44mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg, Peonidin: 2.51mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg
Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg,
Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.21mg,
Quercetin: 1.21mg, Quercetin: 1.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Galocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 60.13kcal (3.01%), Fat: 0.47g (0.72%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 12.91g (4.3%), Net
Carbohydrates: 12.13g (4.41%), Sugar: 11.39g (12.65%), Cholesterol: 1.42mg (0.47%), Sodium: 21.27mg (0.92%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 15.54mg (18.83%), Manganese: 0.14mg
(6.76%), Calcium: 53.07mg (5.31%), Phosphorus: 45.51mg (4.55%), Vitamin B2: 0.07mg (3.97%), Fiber: 0.78g (3.1%),
Potassium: 108.32mg (3.09%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.15µg (2.5%), Folate: 9.62µg (2.4%),
Selenium: 1.5µg (2.15%), Magnesium: 8.4mg (2.1%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.29mg (1.92%), Vitamin B6:
0.03mg (1.52%), Vitamin B1: 0.02mg (1.48%), Copper: 0.02mg (1.12%)